



# The 7 Pillars Handbook

by  **AYURPRANA**

## What's Inside:



### **PILLAR 1: NUTRITION**

How we fuel our body & transform this fuel into nourishment  
*Learn about the importance of Agni - working with our digestive fire*



### **PILLAR 2: CLEANSE**

Natural daily and seasonal ways to eliminate toxins from our body  
*Explore how to support your natural daily cleanse cycles*



### **PILLAR 3: MOVEMENT**

Physical activity to encourage the movement of Prana, our life force  
*How to balance your energy with physical activity*



### **PILLAR 4: SLEEP**

Support daily healing, rejuvenation and recuperation through sleep  
*3 wind down activities to support a nourishing night's rest*



### **PILLAR 5: CONNECTION**

The importance of inner and outer relationships  
*Namaste Nature! 2 small practices that carry a big impact*



### **PILLAR 6: INSPIRATION**

Feeding your aspirational being  
*Draw on the magic of Brahmamuhurta*



### **PILLAR 7: PEACE**

Healing our soul and realizing our Oneness with all that is  
*I AM THAT - the union of the individual with the universal*

# Your Wellness Formula

## BE FULFILLED!

Each of the 7 pillars are rooted in Ayurvedic concepts to help create a daily lifestyle routine (dinacharya) that ultimately supports and maintains wellness in any body.

This formula is simple. Give a few minutes per day to each of the 7 Pillars, and through these moments of attention and intention, we nourish all aspects of our being – promoting our own health and well-being!

**Nutrition** – Improve bodily systems by ensuring adequate nutritional intake through diet along with herbal dietary supplements

**Cleanse** – Rediscover your natural energy levels and invigorate the whole self by tending to this vital function

**Movement** – Incorporate balanced movement and breathing practices into your life to clear stagnation

**Sleep** – Fortify your body's ability to restore vitality by developing supportive sleep habits

**Community** – Forge connection, communication and collaboration between mind and body, nature and self, individual and community

**Inspiration** – Wake up feeling inspired in body, mind and spirit by connecting with your life's unique purpose and mission

**Peace** – Enhance your own serenity and begin cultivating an environment in which global peace may flourish



As Ayurvedic practitioners and teachers, we know that all it takes is that first positive change, that “aha” moment when a practice, lifestyle amendment, or herb protocol makes an improvement to our well-being. Then suddenly we’re curious seekers on a path to healing ourselves and investing in the practices that best serve us.

This is how the proactive and ancient healing science of Ayurveda works – by coming to know yourself and learning what best serves you, moment to moment.

**In this handbook, we’ve collected a number of Ayurvedic practices, insights, and tips around the 7 Pillars for you to explore and experience your cup being filled day by day.**

# PILLAR 1: NUTRITION

Nutrition is what we put into our body as fuel, and how well we are digesting and assimilating that fuel.

Ayurveda famously states: We are not just what we eat, but what we are able to digest.

Nutrition is the first and a foundational pillar. It places great emphasis on the food we eat and the quality of our digestive fire (agni). The transformative power of a strong digestive fire (agni) helps us digest and absorb nourishment from the food we eat.

**STRONG AGNI**  
Ability to digest well



**WEAK AGNI**  
Can cause bloating, heaviness, irritation



## START HERE

Avoid ice cold water and drinks as it puts out your digestive fire. Instead, drink warm or room temperature water, especially before meals. The fire of our digestion reacts the same way to a glass of cold liquid as the fire in a fireplace, it may not go out immediately, but it dramatically loses heat and takes some time to build back up to a healthy flame.

Try drinking warm or room temperature water for a few days. You may notice your body responds with better and faster digestion, meaning feelings of heaviness, excess acidity, and bloating that can accompany our meals are significantly reduced.

## Try something different...

### GINGER PICKLE

We can tell the strength of our agni by whether we experience real hunger before our meals. Ayurveda states that one should not eat when hunger is absent. One of the best tips to remedy a sluggish agni is to eat a ginger pickle before each meal.

The pungent, sour and salty qualities of this appetizer help to kindle the digestive fire, optimizing digestion and absorption and reducing common symptoms of discomfort such as bloating, acidity, and sluggishness after meals.

#### INGREDIENTS:

- 1 inch long piece of fresh ginger
- 1 tsp fresh lime juice
- ¼ tsp rock salt (this is better than table salt, which is heating)

#### PREPARATION

- Peel ginger, cut into thin slices, and put into a small glass jar/ container
- Add lime juice and rock salt
- Mix well

Take one or two slices of the ginger a few minutes before eating!



## ✧ THE MAGIC OF GINGER ✧

Ginger is widely used in cultures across the world and especially in Ayurveda it is reverently referred to as “the universal medicine.” Not only does ginger stoke the digestive fire and builds appetite, but it also improves the transportation and uptake of nutrients to certain tissues and helps to support the circulatory channels of the body. Traditional Ayurvedic texts also recommend ginger for therapeutic use for joint discomfort and for motion or airsickness.



### NUTRITION COURSE

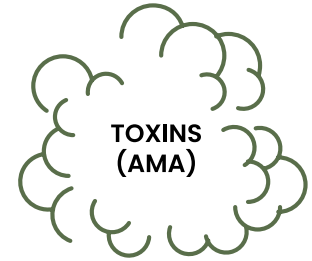
Join Sneha Raichada for our *Nourished Self: Ayurvedic Nutrition for Self-Healing*. You'll learn even more cooking insights and recipes to bring into your kitchen!

# PILLAR 2: CLEANSE

Cleansing is about how well our body is able to eliminate waste and the natural build up in our systems on a daily and seasonal basis.

In Ayurveda, we hold that it's important to have a bowel movement daily to help clear out ama (toxins) and waste from our system, to prevent the accumulation and circulation of those toxins.

While our body is already doing work to eliminate this waste, with all of the toxins out there, it can use a little help. This is why cleansing practices are such an important part of the Ayurvedic system.



## START HERE

### Morning Cup of Warm Water

In the morning - before you take anything else into your body - drink a cup of warm water, with a little squeeze of fresh lime juice and ½ tsp of honey.

This is a great way to flush the system, stimulate peristalsis, and kick-start your metabolism.

**How many days should I do this for?**

**Try it for 5 days** - every 5 days our body's tissues are nourished and we can look forward to better skin and a deeper feeling of satisfaction.

**Coffee before or after** - drink your glass of water first, and if you can, give yourself a little time to let the water move through your system before drinking anything else.



Although we often think of honey as simply being a tasty sweetener, honey is actually warming and helps scrape excess (lekhan) to support the removal of toxins from the body.

The sour taste of lime is key for igniting the digestive fire without leaving a sour after effect in the body like lemon.



Lemon is great too! But if you tend to have signs of excess heat such as heartburn, looser stools, inflammation, skin concerns or more heated emotions like anger, irritation, and judgment - consider opting for the less heating lime.

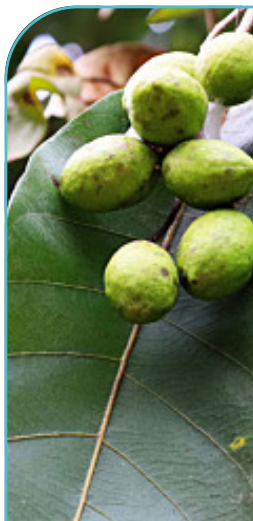
# Try something different...

## TRIPHALA - ALL AROUND DAILY CLEANSE AID

Support a daily bowel movement with Ayurveda's super formula, Triphala. Triphala is a combination of three fruits that in addition to supporting healthy elimination, also supports your microbiome and rejuvenates and nourishes all your tissues!

Generally, the ideal way to take this herb formula is ½ tsp soaked in warm water for at least 10 minutes. Drink the water with the herbal sediment before sleep every night.

*If you are based in the U.S. visit our sister-organization [Banyan Botanicals](#) to purchase [Triphala](#) and other organic Ayurvedic supplements.*



## TRIPHALA - FOR DETOXIFICATION AND REJUVENATION

Triphala is a traditional Ayurvedic herb formulation consisting of three fruits native to the Indian subcontinent: amalaki (*Embolica officinalis*), bibhitaki, (*Terminalia belerica*), and haritaki (*Terminalia chebula*). It is one of the most popular formulas in Ayurveda and has many health benefits, including:

- Assists natural internal cleansing
- Gently maintains regularity
- Nourishes and rejuvenates the tissues
- Natural antioxidant

## Winter, Spring & Fall Cleansing

Join AyurPrana's 9-day Ayurvedic seasonal home cleanse program! Three times a year, we host a guided cleanse with live online daily meetings to coach you through what to do, eat and drink to help eliminate toxins and reset your body for the season. Buy our companion kit of food, herbs and oils for each season and experience the full benefits of proper cleansing!

STARTS  
JAN 13



# PILLAR 3: MOVEMENT

Movement involves putting the food we ingest and digest to work, ensuring we have enough life force (prana) moving through our being.

Ayurveda is about coming to know ourselves. When we learn how to read into ourselves and balance the energy of our being or life force (prana), we can begin to experience our highest and greatest potential.

Take a moment and feel into your mind, body, sense complex and notice the quality of your experience:

- How is your energy?
- How is your form?
- How is your consciousness?
- What's the pace, what's the rhythm of you?
- What adjectives would you use to describe your being?

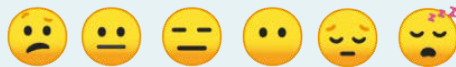


## START HERE

### Right Activity

Ayurveda teaches us that like increases like, and opposites balance each other. This same concept can be applied to our movement, and we can use this insight to support ourselves moment to moment with what we need.

#### HOW I'M FEELING



Lazy | Dull | Heavy | Inert | Depressed | Fatigued

#### DO THE OPPOSITE - MOVEMENT SUGGESTIONS

A brisk / long walk | Dance | Run | Energetic yoga practices | HIIT

#### HOW I'M FEELING



Turbulent | Imbalanced | Scattered | Excited | High intensity emotions | Quick thoughts

#### DO THE OPPOSITE - MOVEMENT SUGGESTIONS

A leisurely walk in nature | Tai Chi | Qi-gong | More grounding yoga practices | Aikido



# Try something different...

## MIND YOUR BREATH

Try practicing your movement with your mouth closed.

Mindful nose breathing allows you to tap into a meditative alpha state, increase your endurance, and help you experience union between all the aspects of your being.

Try to harmonize your movement, breathing, and awareness - this is one of the methods we can use to bring ourselves into an elevated state of consciousness.



### ✧ THE NUMEROUS BENEFITS OF MOVEMENT ✧

Movement supports the body's process of detoxification - kindling agni (the digestive fire mentioned in the Nutrition Pillar) while improving digestion, circulation, elimination, and lymphatic flow.

Movement also stimulates and activates the natural pathways of rejuvenation by helping release accumulated tension, clearing stagnant mental and emotional energy, improving our ability to relax, and supporting sound sleep.

### Online Movement Course

Movement is more than just exercise. Join our 2-week course to work with a group of Ayurvedic coaches, yoga teachers, and other specialists to learn how to craft a movement practice that serves your mind, body and spirit. Join us for *Liberating the Body*.

STARTS  
MARCH 6





# PILLAR 4: SLEEP

This pillar provides support for that most fundamental process - sleep - in which we repair our bodies and assimilate our experiences through the process of deep rest.

Ayurveda views sleep as the most important way to rejuvenate our entire operating system on a daily basis. Sleep allows the body to digest our experiences, thoughts, and emotions from the day as well as heal and restore at the cellular level.

In Ayurveda, we believe it's important to sync our internal rhythms with the rhythm of the rising and setting sun. For this reason, Ayurveda advises that we try to fall asleep before 10pm. You may notice that if you stay up past 10 pm, you get a renewed burst of alert energy, a second wind. This is because 10 pm is the start of "Pitta time" - when the fiery intellectual attributes of pitta dosha re-activate our mind and nervous system, tricking our body into working towards our next goal instead of allowing the mind to rest.

## START HERE

### Full Yogic Breath

Breathing deeply into the belly, as opposed to shallowly in the chest, activates the parasympathetic nervous system. It's in this parasympathetic mode that the body is able to rest, digest, and restore. Consider doing this for 5-10 minutes or until you drift off into a sweet slumber.

To try the Full Yogic Breath (also known as deep belly breathing), lie in bed with your hands on your stomach and imagine gently sending your breath down into your belly, feeling it expand outward, filling your hands as you inhale; then allow your belly to return back toward the spine as you exhale.

Allow the exhalation to slowly extend and lengthen, becoming longer than your inhale - and if it feels comfortable you can linger in the gap between breaths. This should all feel very comfortable and comforting, there is no need to exert yourself with this breath.



# Try something different...

## GOLDEN MILK

Drink a glass of warm golden milk. Golden milk not only calms the mind and promotes sleep but also supports healthy digestion and circulation.

To make golden milk:

- Bring a mug's worth of milk to a boil and immediately reduce to a simmer
- Add ½ a tsp of turmeric
- Add ¼ inch of ginger root
- Add a pinch of nutmeg, cinnamon, and cardamom
- Let simmer for 5 minutes
- Add natural sweetener to taste

If you are based in the U.S. visit our sister-organization Banyan Botanicals to purchase Turmeric Milk Mix and other organic Ayurvedic supplements.



### ✧ TURMERIC - THE GOLDEN HEALER ✧

The vibrant golden root of the turmeric plant has been used for centuries throughout the world. With many proven benefits, Turmeric is a powerful anti-inflammatory and antioxidant used in Ayurveda to support proper function of the liver and the body's other natural mechanisms for detoxification.

Some studies have shown it can promote relaxation, improved mood and potentially lower anxiety levels - all great ingredients for a good night's sleep!



STARTS  
APRIL 4

### Course on Daily Habits for Healing

Learn how to create a daily routine with lasting impact to promote sleep and each of the 7 pillars in our online immersion *Practical Ayurveda: Daily Habits for Healing*.



## PILLAR 5: CONNECTION

This pillar supports our ability to connect so that all our relationships become an instrument for the unfolding of inner compassion and kindness.

Ayurveda recognizes that the nectar of life is to be found in our relationships; the interaction with our outer environment – comprising family, friends, pets, co-workers, community, and nature – as well as the relationship with our innermost Self.

True connection is finding that common ground that enables us to recognize that we are all connected. We must learn to approach all of our interactions with greater presence, compassion, empathy and grace to help heal and mend relationships that have become clouded over time – including the relationship with ourselves.

When our inner and outer connection is healthy, all aspects of our being improve.

### START HERE

“Namaste” to you!



The salutation *Namaste* has a profound meaning. In Sanskrit the word breaks down like so, *Nama* means bow; *as* means I; and *te* means you. So *Namaste* means “I bow to you”.

It’s a heartfelt acknowledgement of the divine within the person we are greeting – a reminder to look beyond the outward layers (often layers we have opinions about) to perceive their true and highest self.

So, give it a try! Each time you encounter another being (or see yourself in the mirror), hold “namaste” in your heart and see if you can notice not just a change in yourself, but a shift in those you interact with.

# Try something different...

## DAILY DATES WITH NATURE

Living in rhythm with nature is a core and foundational principle of Ayurveda. The human body is intrinsically linked to the natural world, we've evolved over eons within this interdependent system and these rhythms are intrinsic to our being. Understanding this connection is a profound lever for improving your overall health and well-being.

Try making it a priority to spend 15 minutes per day in connection with nature. Not just going outside, but really being in nature. You can turn off your phone (or better yet, leave it behind) and engage fully with the experience of breathing the air, touching the grass and trees, watching and hearing the birds, noticing the wind or the stillness of the air, feeling the kiss of the sunrise or getting lost in the beauty of a sunset. Let yourself feel into this experience, a oneness and unity that includes you!



## ✧ THE POWER OF RELATIONSHIPS - MIRRORS OF OURSELVES ✧

Vasant Lad, BAM&S, MASc, founder and director of The Ayurvedic Institute encourages us to recognize that all our relationships are simply mirrors of our own selves. What qualities are highlighted in the other, are actually qualities that we see strongly in ourselves.

Of course this relates to those qualities we don't find attractive in other people, but it also applies to the qualities we are drawn to in others. To help us notice this, Ayurveda encourages us to meet every encounter - be it with family, friends, pets, colleagues, or strangers - with the utmost presence, connecting from the truest part of ourselves - so that we too can be a helpful mirror!



AVAILABLE  
JAN 23

### Breath Training Class

Join our community to learn about the health benefits that 8 daily breathing techniques can provide. During our Pranayama breath training course, you'll find yourself in community with live session and group forums to keep the conversation going.



# PILLAR 6: INSPIRATION

Inspiration is focused on what we consciously do to ignite our aspirational being, how we build hope, and invest in our evolution.

Consciousness is manifested in all of us in a condensed and concentrated form as the flame of attention. Finding that which turns our flame of attention into a roaring, white blaze gives us the vision and profundity that we are all longing for.

Inspiration becomes the nourishment we are inviting into our being - through our senses - with the intent to ignite our passion for living life.

## START HERE

### Drawing on the magic of the dawn

The ideal time to nourish and kindle your inner flame of attention is early in the morning.

Whether you practice breath work, yoga, journaling, meditation, mantras, prayer, or any other practice that is sacred and inspiring to you, consider doing it at this time. You may notice that practicing during these hours can have a profound impact on the remainder of your day.



### WHAT IS THE BRAHMAHMUTRA?

This is a sacred period beginning at least an hour before the dawn light touches the sky, so in summer this could be as early as 3am, depending on where you live.

This is when the natural transition between night and day mirrors the gap between the many dualities of existence - the dark and the light, the inhalation and the exhalation, the universal and the individual, the cosmic and microcosmic, the true Self and the ego. In this gap, there resides the opportunity to transcend the illusion that we are only the body and the mind, and we can come closer to experiencing the truth of our divinity and who we truly are.

### Find more of what inspires you

We believe inspiration is a primary driver in a person's life and can be a strong indicator of one's calling or purpose. Subscribe to the AyurPrana YouTube channel for weekly videos that may spark inspiration or support your exploration of what motivates you.

SUBSCRIBE TO  
AYURPRANA'S  
YOUTUBE  
CHANNEL



# PILLAR 7: PEACE

This is time to just be, recognizing the vastness of the Universe and that we are one with all that is. This is where healing and insight occur and where wisdom flourishes.

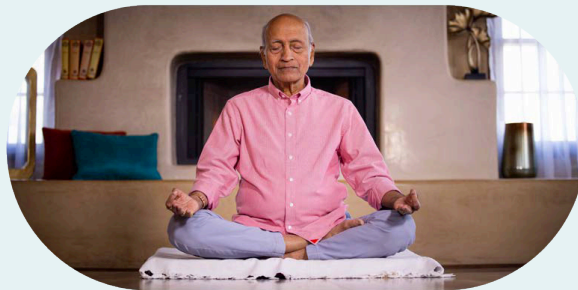
The particular content of our minds is made up of all the previous impressions we have gathered and layered onto our experience of this current moment. Our upbringing, education, diet, lifestyle, habits, victories, and hurts have all shaped and formed our sense of self.

Deep within this sense of self is an emptiness, devoid of all attributes. This empty stillness is a common ground that can liberate us from the clutches of desire, anxiety, and restlessness. The moment our individuality merges with this common ground, which is universal and unlimited, it can begin to shift our experience.

This emptiness is a space within us that is forever free and untouched. Abiding in that space is like a fast from our habitual engagement in judgments, criticisms, and comparisons. By letting ourselves settle, we allow the gray matter of the brain to metabolize unprocessed thoughts, feelings, and emotions into insight – which gives way to the pure energy of truth, wisdom, and joy. Connecting daily with this space allows us to engage with the world from a state of inner peace, moving in harmony with this creation.

## START HERE

### So'ham Meditation



Sitting quietly, we close our eyes and bring our attention to the breath – for a few breaths initially just noticing where we feel the sensation of air entering the body.

If we listen to the natural sound of the inhale in the back of the throat, we hear 'sooo' and as we exhale we hear the sound 'hammm' (pronounced "h-u-m").

As you inhale, bring your awareness to the 'sooo' that flows into the nostrils and enters the center of the heart. If it feels safe and comfortable you can enjoy the complete stillness of the suspension of breath before you breathe out – focus on feeling and hearing 'hammm' throughout the entire exhalation.

As this practice deepens, the gap between inhalation and exhalation naturally lengthens. In this gap resides the unbound vastness of inner truth, pure awareness and profound joy – in this gap lies peace.



## ✧ THE MEANING OF SO'HAM ✧

In Sanskrit So'ham means: I am He/She/That

It is derived from the Sanskrit, sah, meaning "He," and aham, meaning "I." This is a universal and natural mantra because it lives in the breath, with the sound of "so" during inhalation and "ham" during exhalation. Repeating this vedic chant can facilitate the union of the individual with the universal.

So'ham is a mantra that can be repeated silently during meditation.

STARTS  
MAY 22

### Meditation Course

Explore and learn about the benefits of meditation through guided insights and practices shared by our teachers. Our *Meditation & You* online immersions is the perfect place to get started or refine your practice. Come sit with us!



# PILLAR ACTIVITIES FOR YOUR DAY



## NUTRITION

**Try this:** Avoid ice cold water & drinks, it puts out your digestive fire. Instead, drink warm or room temperature water, especially before meals.

**Try something different:** Eat one or two slices of ginger pickle (sliced ginger, rock salt, lime juice) a few minutes before eating!



## CLEANSE

**Try this:** In the morning drink a cup of warm water, with a little squeeze of fresh lime juice and ½ tsp of honey.

**Try something different:** ½ tsp Triphala soaked in warm water for at least 10 minutes. Drink the water with the herbal sediment before sleep every night.



## MOVEMENT

**Try this:** Like increases like and opposites balance, so check in with yourself and ask, how am I feeling? What do I need right now? Depending on your response, try a movement practice that will help you find balance.

**Try something different:** Try practicing your movement with your mouth closed OR try to coordinate your movement with your breath.



## SLEEP

**Try this:** Try Full Yogic Breath (deep belly breathing) by lying in bed with your hands on your stomach and imagine gently sending your breath down into your belly, feeling it expand outward, filling your hands as you inhale; then allow your belly to return back toward the spine as you exhale.

**Try something different:** Drink a glass of warm golden milk:

- Bring a mug's worth of milk of your choice to a boil and immediately reduce to a simmer
- Add ½ a tsp of turmeric - ¼ inch of ginger root
- Add Pinch of nutmeg, cinnamon, and cardamom
- Simmer for 5 minutes
- Add natural sweetener to taste

# PILLAR ACTIVITIES FOR YOUR DAY



## CONNECTION

**Try this:** Each time you encounter another being (or see yourself in the mirror), hold “namaste” in your heart.

**Try something different:** Spend 15 minutes in connection with nature. You can turn off your phone - or better yet, leave it behind - and let yourself feel into the experience, a oneness and unity that includes you!



## INSPIRATION

**Try this:** Wake before dawn and partake in a practice that inspires you. This could be breath work, yoga, journaling, meditation, mantras, prayer, or any other practice that is sacred and inspiring to you.



## PEACE

**Try this:** Try the So’ham meditation practice.

- Find a comfortable seat with your spine erect.
- Close your eyes or soften your gaze.
- As you inhale, bring your awareness to the ‘sooo’ sound that flows into the nostrils and enters the chest - the center of the heart.
- Focus on feeling and hearing ‘hammm’ (pronounced “h-u-m”) throughout the entire exhalation.
- Keep repeating this with your focus on the sound of the breath and your silent repetition of “soooo” on the inhale and “hammm” on the exhale.

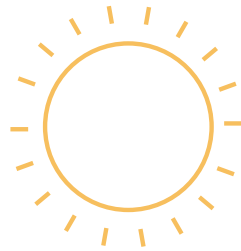


## MORNING

- Wake before dawn and partake in a practice that inspires you.

This could be breath work, yoga, journaling, meditation, mantras, prayer, or any other practice that is sacred and inspiring to you.

- In the morning drink a cup of warm water, with a little squeeze of fresh lime juice and ½ tsp of honey.



## ANY TIME DURING THE DAY

- Eat one or two slices of ginger pickle (sliced ginger, rock salt, lime juice) a few minutes before eating!
- Each time you encounter another being (or see yourself in the mirror), hold “namaste” in your heart.
- Try the So’ham meditation practice.
  - Find a comfortable seat with your spine erect.
  - Close your eyes or soften your gaze.
  - As you inhale, bring your awareness to the ‘sooo’ sound that flows into the nostrils and enters the chest - the center of the heart.
  - Focus on feeling and hearing ‘hammm’ (pronounced “h-u-m”) throughout the entire exhalation.
  - Keep repeating this with your focus on the sound of the breath and your silent repetition of “soooo” on the inhale and “hammm” on the exhale.
- Spend 15 minutes in connection with nature. You can turn off your phone - or better yet, leave it behind - and Let yourself feel into the experience, a oneness and unity that includes you!
- Like increases like and opposites balance - so, checking in with yourself - how are you feeling? Depending on your response, try a movement practice that will help you balance.
- Try practicing your movement with your mouth closed.  
OR Try to harmonize your movement and your breath.
- Avoid ice cold water & drinks - it puts out your fire - instead drink warm or room temperature water especially before meals.



## EVENING

- Drink a glass of warm golden milk:
  - Bring a mug's worth of milk of your choice to a boil and immediately reduce to a simmer
  - Add ½ a tsp of turmeric - ¼ inch of ginger root
  - Add Pinch of nutmeg, cinnamon, and cardamom
  - Simmer for 5 minutes
  - Add natural sweetener to taste
- Try Full Yogic Breath (deep belly breathing) by lying in bed with your hands on your stomach and imagine gently sending your breath down into your belly, feeling it expand outward, filling your hands as you inhale; then allow your belly to return back toward the spine as you exhale.
- ½ tsp Triphala soaked in warm water for at least 10 minutes.  
Drink the water with the herbal sediment before sleep every night.

# FILL YOUR CUP

## Daily

Start by exploring these practices and bringing a few minutes of awareness and intention to each of the 7 pillars as you go about your day. These subtle shifts in your lifestyle may not seem radical, but the results are!

### **We're here to serve you!**

AyurPrana was founded in partnership with Ayurvedic physician Vasant Lad, BAM&S, MASc and faculty of The Ayurvedic Institute to bring the 5,000-year-old healing sciences of Ayurveda and Yoga into homes across the world. With a mission to elevate consciousness through healing, we look forward to sharing these practices with you.

### **Continue Your Healing Journey**

Deepen your knowledge of these holistic healing practices through our online courses exploring nutrition, movement, cleansing, breathwork, meditation and more!

For customized wellness plans with herb protocols and practices, book an online 1-on-1 Ayurvedic Wellness Consultation with one of our practitioners!

[Learn More at liveayurprana.com](https://liveayurprana.com)

Thank you for downloading the  
AyurPrana 7 Pillars of Wellness Handbook  
and taking this time to care for yourself.

From our hearts to yours, we look forward to supporting you. Namaste

~ The AyurPrana Team